

15. 1-on-1 Rebounding

Purpose:

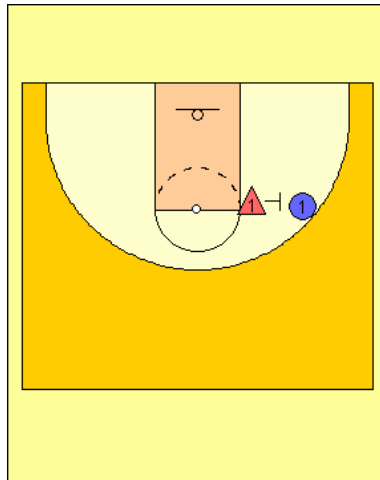
This drill works great to improve players' footwork for blocking out and also teaches players to maintain contact while blocking out.

Setup:

Player 1 is facing Player 2 - About 2 to 3 feet of separation is appropriate.

Execution:

- * A Ball is placed about 5 to 10 feet behind player 1.
- * On either the whistle or when you say go. Player 1 will try to keep player 2 from getting the ball for 3 seconds.



Coaching Points:

- * Continually tell your players to...
 - Make sure the player stays low and wide. Player 1's feet should be wider apart than Player 2. He should stick both his elbows straight out (BUT DO NOT SWING ELBOWS). The arms should stay in a stationary position.
 - Player 1 needs to slide his feet to maintain contact with Player 2.